



In-house Food Service - Allergen Matrix



Kinkora Regional High School, Somerset Consolidated,
Amherst Cove Consolidated and Englewood.

Dish	Eggs	Milk	Mustard	Peanuts	Crustaceans and Molluscs	Fish	Sesame	Soy	Sulphites	Tree nuts	Wheat & Triticale
HAM & CHEESE SNACK BOX	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
HUMMUS, PITA & VEG SNACK BOX	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES
CHICKEN ALFREDO PASTA	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
MAC 'N' CHEESE	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
BEEF BURGER & HOMEMADE POTATOE WEDGES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
VEGGIE BURGER & HOMEMADE POTATOE WEDGES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES
PULLED PORK ROASTED POTATOES	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO
VEGETARIAN CHILI ROASTED POTATOES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO
PHILLY BEEF PIZZA	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES
CHEESE PIZZA	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES

Please Note: This allergen matrix has been developed to reflect the Priority Allergens identified by the Government of Canada.

For more information see: <https://www.canada.ca/en/health-canada/services/food-allergies-intolerances/avoiding-allergens-food/allergen-labelling.html>



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PASTA WITH MEAT SAUCE	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES
PASTA WITH TOMATO SAUCE	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES
CHICKEN RANCH WRAP	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	YES
VEGGIE WRAP	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	YES
ROAST TURKEY WITH MASHED POTATOES AND CARROTS	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO
VEGGIE MEATBALLS WITH MASHED POTATOES AND CARROTS	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO
BEEF CHILI WITH ROLL	NO	YES*	NO	NO	NO	NO	NO	NO	YES	NO	YES**
VEG CHILI WITH ROLL	NO	YES*	NO	NO	NO	NO	NO	NO	YES	NO	YES**
HAWAIIAN PIZZA	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES
CHEESE PIZZA	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES

*butter served on the side **roll served on the side

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